



DAILY RITUAL

March 24

PRAYER/CANDLE LIGHTING

Light a candle and say something like: “We light this candle as a symbol of Christ in our midst. We breathe in the hope and peace that Christ brings.”

Someone can pray. Focusing today on those who are hurting or lost.

SCRIPTURE

Have someone read today's scripture aloud:

Colossians 1:9-14

QUESTIONS

Here are some questions for you to think about or discuss:

- **In what ways do you find strength or power through prayer?**
- **What are some ways that you might learn to trust God more?**

CREATIVE ACTIVITY

Here is a creative way to explore the theme of this scripture together:

Sit in silence for 3 minutes. Set a timer and just focus on your breathing.

Let your mind wonder to the power and spirit of God which is among you.

If you are doing this activity with others, you can talk about your experience.

CLOSING PRAYER

Have someone close in prayer. Extinguish the candle, giving thanks to God for each other and your time together.